

# Stir-Fry Vegetables

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Assorted frozen and/or fresh vefetables	3 lb 2 oz		6 lb 4 oz		1. Select a colorful assortment of 4 or more vegetables from the 3 vegetable lists. (Frozen vegetables may be mixed with fresh vegetables.)
Water		1/4 cup		1/2 cup	2. Combine water, soy sauce, and granulated garlic. Set aside for step 6.
Low-sodium soy sauce		2 Tsp		1/2 cup	
Granulated garlic		1 tsp		2 tsp	
Vegetable oil		1/4 cup		1/2 cup	3. Heat oil in a large, heavy skillet or pan.
Ground black or white pepper		1/4 tsp		1/2 tsp	4. Add pepper to oil and stir.  5. Add vegetables in order of cooking time, as follows: Add Group A vegetables. Cook for 4 minutes. Add Group B vegetables and any optional vegetables. Stir mixture constantly over high heat for 1 minute.  6. Add soy sauce mixture to vegetables. Stir quickly for a few seconds.  7. Cover, reduce heat, and steam for 2-3 minutes. DO NOT OVERCOOK VEGETABLES.

8. Pour 1 qt 2 ¼ cups into serving pans (9" x 13" X 2"). For 25 servings, use 1 pan. For 50 servings use 2 pans.

9. CCP: Hold at 140° F or warmer. Portion with No. 16 scoop (¼ cup).

#### Notes

Equal amounts of fresh broccoli, carrots, cabbage, green pepper, celery, and onion are used in the nutrient calculation.

#### Serving

¼ cup (No. 16 scoop) provides ¼ cup of vegetable.

#### Yield

**25 Servings:** 1 pan

**50 Servings:** 2 pans

#### Volume

**25 Servings:** 1 quart 2 1/4 cups

**50 Servings:** 3 quarts 1/2 cup

#### Nutrients Per Serving

Calories	38	Saturated Fat	Iron
Protein	1 g	Cholesterol	Calcium
Carbohydrate	4 g	Vitamin A	2431 IU
Total Fat	2 g	Vitamin C	16 mg
			Sodium
			67 mg
			Dietary Fiber
			1 g